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Dear Parents/Carers,

### Head lice advice and information

Now that the COVID-19 restrictions have been lifted, children are in closer contact with one another both in class and in the playground, so inevitably head lice will be more prevalent at the moment. We have gathered advice from the NHS guidelines and ask that you check your child/ren this weekend. Should you discover head lice, please take the appropriate action.

Head lice are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact.

#### How to get rid of head lice

##### Wet combing

Head lice can be removed by wet combing. You should try this method first. You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice. There may be instructions on the pack, but usually you:

- wash hair with ordinary shampoo
- apply lots of conditioner (any conditioner will do)
- comb the whole head of hair, from the roots to the ends

It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair. Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

#### Medicated lotions and sprays

Ask a pharmacist for advice if you have tried wet combing for 17 days, but your child still has live head lice. They may recommend using medicated lotions and sprays. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online. Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.

There's nothing you can do to prevent head lice. You can help stop them spreading by wet or dry combing regularly to catch them early. Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp. There's no need for children to stay off school or to wash laundry on a hot wash.

Thanks for your continued support.

*Mrs Emily Morris*  
Headteacher